

Pain: It's Impact on Quality of Life

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Description

In the United States, one of the most healthcare issues is pain. Every year, over half of all Americans see a doctor with a primary complaint of pain, making it the most common cause for medical consultation in the United States. Even this statistic hides the actual scope of the problem, as many people suffering from pain do not seek medical help. In one of the survey studies on the issue of pain, 18% of those who evaluated their pain as severe or excruciating said they had not seen a healthcare expert because they did not believe anybody could help them.

The costs associated with pain are expensive, both in terms of the healthcare system and society. Not only do people who are in pain use the hospital system more frequently, but their productivity is also significantly reduced. It is estimated that about 4 billion workdays are missed each year due to discomfort. Pain costs society \$55 billion in lost productivity for full-time employees alone, assuming a modest median US income of \$23,000.

While these expenditures are significant, one of the most significant impacts of pain is quality of life. Pain is recognized as one of the significant factors of quality of life, which is defined as an individual's capacity to fulfill a variety of tasks in society and achieve an acceptable degree of happiness while doing so. However, quality-of-life research is still in its early stages, and the impact of symptoms like pain on quality of life is only beginning to be grasped. In the evaluation of any treatment or health-related intervention, quality of life is increasingly being regarded as one of the most important outcome categories to be measured.

Pain is not only a highly numbed sensation, but it may also have a profoundly detrimental impact on almost every other aspect of one's life, including one's mood and ability to perform daily tasks. According to World Health Organization research, those who suffer from chronic pain are four times more likely than those who do not experience despair or anxiety, more than twice as likely to experience work-related issues.

Pain and quality of life are two phenomena that share several commonalities. The American Pain Society defines pain as "An unpleasant sensory and emotional experience related to current or future tissue injury." Pain, according to the Joint Commission on Accreditation of Healthcare Organizations, is a regular occurrence that has negative physiological and psychological consequences when left untreated. As a result, there are cognitive, motivational, emotional, behavioural, and physical aspects to pain.

Conclusion

Quality-of-life measures, particularly symptom distress ratings, can be used to distinguish one drug from another in the same class in a sensitive way. Quality of life, like the conventionally evaluated variables of effectiveness and safety, should be included as an outcome domain in future pharmacotherapeutic research. To distinguish significant differences between this novel class of analgesics and nonselective nonsteroidal anti-inflammatory drugs, future coxib studies should include symptom distress levels as a key quality-of-life parameter.